

## Men over 17 and women over 45 can safely eat more fish

- **Safe to eat 5 servings per week** — bluegill and other sunfish, clams, crayfish, or catfish
  - OR
  - **Safe to eat 2-3 servings per week** — largemouth bass, crappie, carp, or sucker
  - OR
  - **Do not eat more than 2 servings per month** — striped bass or sturgeon
- Do not eat fish or shellfish from the Port of Stockton.**

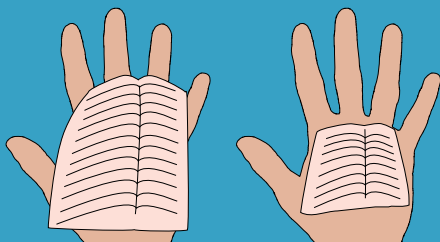
### ♥ Why eat fish?

Eating fish is good for your health. Fish have Omega-3s that can reduce your risk for heart disease and improve how the brain develops in unborn babies and children.

### What is the concern?

**Some fish have high levels of mercury** that can negatively affect how the brain develops in unborn babies and children.

### What is a serving?



**For Adults**

**For Children**

The recommended serving of fish is about the size and thickness of your hand. Give children smaller servings.

## Fish buying guidelines for women 18 – 45 and children 1 – 17

Do not eat fish caught by family or friends in the same week that you eat fish bought in a store or restaurant. For fish that you buy:

- **Safe to eat 2 servings per week** of low mercury fish such as salmon ♥, pollock, catfish, tilapia, shrimp, anchovies ♥, sardines ♥, trout ♥, or canned chunk-light tuna



OR

- **Safe to eat 1 serving per week** of medium-mercury fish such as canned albacore (white) tuna ♥



- **Do not eat** shark, swordfish, tilefish, or king mackerel



♥ = High in Omega-3s

California Office of Environmental  
Health Hazard Assessment

[www.oehha.ca.gov/fish.html](http://www.oehha.ca.gov/fish.html)

(916) 327-7319 or (510) 622-3170

12-09

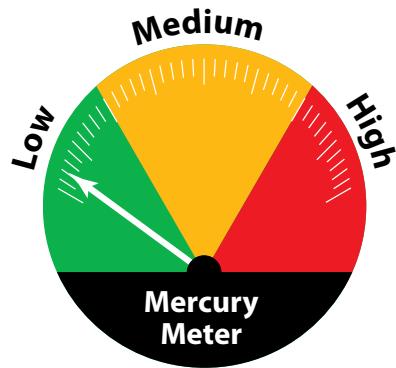
## Guide to Eating Fish Caught in the **Central and South Delta**



This advisory is for water bodies in the Central and South Delta south of Highway 12 (except the Sacramento River) including the San Joaquin River from the Port of Stockton to Pittsburg.

# A guide to eating fish caught in the Central and South Delta

Women 18 - 45, especially those who are pregnant or breastfeeding, and children 1 - 17



Bluegill and  
other sunfish



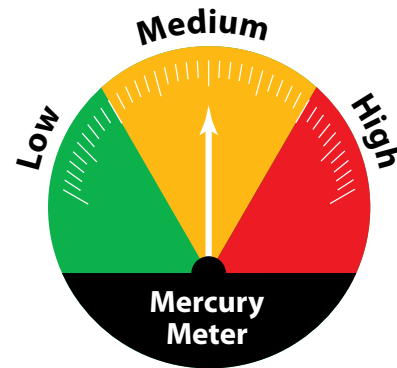
Catfish



Asiatic clam



Crayfish



Largemouth bass



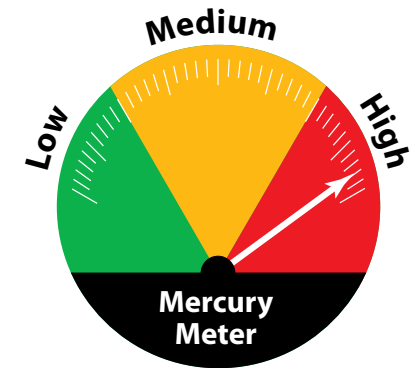
Sucker



Crappie



Carp



Striped bass



Sturgeon

Safe to eat  
2 servings per week

OR

Safe to eat  
1 serving per week

Do not eat more than  
1 serving per month

Do not eat  
striped bass over 27 inches or  
any fish or shellfish from the Port of Stockton